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Bangalore Mirror

TEMP Max 33 | Min 22 | Humidity 34% Partly Cloudy Sensex 73,137 | Nifty 22,161 | Gold 87,134 | Silver 88,579 | Dollar 86.04 | Euro 93.93 | GBP 109.63

There has been a 3% jump in rape cases last year as compared to the previous year. Activists say CCTV surveillance and patrolling are just not enough, when the root causes of violence against women are not tackled head-on

NO CITY FOR WOMEN?

Molestation incident caught on camera rattles citizens

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First some numbers: There has been a 9% rise in molestation cases and a 3% increase in rapes last year, including rape cases rising from 65 reported in January to 77 cases in February 2025, according police data.

These numbers are a grim reminder of the growing dangers women face, especially after dark, despite CCTV surveillance and community vigilance. Even as these numbers and the recent molestation incident is yet to sink in, Home Minister G Parameshwara's remarks regarding the recent crime have kicked up a row. Addressing the incident in BTM Layout, he said, "Bengaluru is a large city, and in a city of this scale, such incidents tend to occur from time to time.

Bengaluru remains peaceful overall, and whenever something happens, legal action is taken," he said, brushing off concerns. However, he also mentioned that he has instructed the Police Commissioner to enhance the beat policing system, ensuring that every area is closely monitored. He also urged the importance of disciplined and efficient patrolling.

More than 24 hours after a suo moto case was registered after a person turned in CCTV footage with disturbing visuals, police officials are still struggling to identify the two women and the accused involved in the suspected molestation case.

The incident, which reportedly took place around 2 am on April 3, came to light when a local resident reviewed his home's surveillance footage after hearing screams outside his house.

CONTINUED ON PAGE 8 »

> "For those of us who have been working on this issue for a long time, we know it's not just about increasing patrolling. While safety and security on the streets are important, the real concern is understanding why these incidents are rising. We need to address the root causes of harassment
> — Madhu Bhushan, Women's rights activist

ALERT NEIGHBOUR

Police to expand its neighbourhood watch initiative, where citizens get to be part of night patrols

PAGE 3

BBMP TO THE RESCUE

As calls over animals in distress rise, civic agency plans rescue centre with Rs 10 crore granted in budget

PAGE 5

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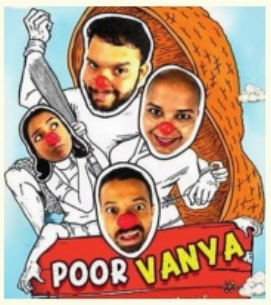
THINGS TO DO

01 Classic with a twist



What If Productions is bringing a clown reimagination of Anton Chekhov's 'Uncle Vanya'. The play presents a troupe of silly clowns taking on the Chekhovian classic.
Where: Raga Shankara, JP Nagar;
When: April 8, 7.30 pm

02 Play time

The Ennui Collective is presenting 'Thus Spake Shoorpanakha, So Said Shakuni', a play entailing stories of power, ambition, and revenge spanning history and myth.
Where: Jagriti Theatre, Whitefield;
When: April 13, 3.30 pm and 7.30 pm

03 Sound health

To mark 20 years of excellence, Samvaad Institute of Speech and Hearing is offering a free assessment camp for vertigo and tinnitus.
Where: Samvaad Institute of Speech and Hearing, Hebbal;
When: April 3 to 10

04 Soulful Jazz

Windmills is presenting an exhilarating performance by Quadro Nuevo, Germany's most adventurous jazz ensemble.
Where: Windmills, Whitefield;
When: April 11 and 12, 9.30 pm

05 Hopeful palette

KYNKYNY Art Gallery is presenting 'Ephemeral Homelands', a solo exhibition showcasing the recent works of contemporary artist Siddharth Shingade.
Where: KYNKYNY Art Gallery, Infantry Road;
When: March 21 to April 18

Govt to crack whip on fleece tactics of private colleges

State to include fee guidelines in admission letters and receipts, as despite warnings several professional colleges continue to collect unauthorised fees

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In many instances, after intervention from the Fee Regulatory Committee, colleges were compelled to refund the extra money collected

The state government is set to crack down on the collection of excess fees by private professional colleges. In a move aimed at protecting students and ensuring transparency, the government has decided to raise awareness amongst students and issue warnings to colleges indulging in unauthorized fee collection.

To implement this, the state will include clear guidelines related to extra fees on admission letters and fee receipts issued to students. This is intended to inform both students and institutions about permissible actions, effectively limiting the scope for overcharging.

Fee norms under scrutiny

Despite repeated warnings, several private colleges continue to collect fees under various heads that go beyond what is officially permitted. These include charges for hostels, add-on courses, transportation, library facilities, uniforms, Wi-Fi, seminars, sports, and cultural activities, none of which are fully regulated under standard fee structures.

In light of increasing complaints each year, Higher Education Minister Dr MC Sudhakar recently chaired a meeting to discuss regulatory measures. The outcome was a decision to alert students at the admission stage itself, and to ensure college managements adhere strictly to fee norms.

The Karnataka Examinations Authority (KEA) is conducting the Common Entrance Test (CET) on April 16 and 17 this year. Over 3.64 lakh students have applied, and 3.44 lakh have already paid their application fees. The government anticipates that complaints regarding excess fee collection will surge once the admission process begins for professional courses like engineering, nursing, MBA, MCA, and polytechnic programs.

As per existing norms, colleges are allowed to collect additional fees, but this is capped at Rs 20,000 annually

What counts as excess fee?

As per existing norms, colleges are allowed to collect additional fees, but this is capped at Rs 20,000 annually. Every year, the Higher Education Department signs a formal agreement with private colleges on permissible fees. Last year's agreement explicitly stated that engineering colleges must not exceed this Rs 20,000 limit for any additional charges.

Despite such agreements, many colleges still impose unapproved charges, prompting students to lodge complaints. In many instances, after intervention from the Fee Regulatory Committee, colleges were compelled to refund the extra money collected.

"We regularly receive complaints about illegal fee collection. We've held discussions with college administrations and ensured refunds in many cases. To prevent this in the future, we've held a meeting and decided to introduce new guidelines," said Justice Srinivas Gowda, Chairperson of the Fee Regulatory Committee.

By implementing these measures, the government hopes to bring much-needed relief to students, and put an end to the long-standing issue of exploitative fee practices in private professional colleges.

Home Guards' first-ever independent parade

For the first time ever, the City Armed Reserve (CAR) will host a ceremonial parade featuring personnel from the Home Guards unit under the jurisdiction of the Bengaluru Police Commissionerate. The event is scheduled for April 11 at CAR grounds, Mysuru Road, and will be conducted under the supervision of CAR (Central) DCP DL Nagesh. Bengaluru Police Commissioner B Dayananda will receive the guard of honour. According to Joint Commissioner of Police (Administration) Kuldeep Kumar R Jain, over 300 Home Guards will participate in the parade, out of the nearly 2,000 deployed across the city. The monthly parade, traditionally held on the second Friday of every month, provides a platform for the Commissioner to review personnel and commend outstanding service. Typically led by DCPs of various divisions, this month's parade will highlight the Home Guards.

While Home Guards have previously participated in Independence Day and Republic Day parades, this is the first time they are independently conducting a full-fledged parade. **–BMB**

Every sip counts, and costs more too

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Following the recent hike in milk and coffee powder prices, most hotels across Bengaluru have increased the prices of popular beverages like coffee and tea, making them costlier for regular customers. The price of a cup of coffee or tea has gone up by Rs 3 to Rs 5 in several eateries.

Over the past two months, the cost of coffee powder has risen to Rs 1,500 to Rs 2,000 per kg. Additionally, the government has increased the price of milk by Rs 4 per litre. Combined with rising electricity bills, these factors have caused hotels to revise their prices.

Previously priced at Rs 15, a cup of tea or coffee now costs Rs 18 to Rs 20, in some places, rates have risen from Rs 20 to Rs 25

Previously priced at Rs 15, a cup of tea or coffee now costs Rs 18 to Rs 20. In some places, rates have risen from Rs 20 to Rs 25. Many hoteliers have displayed notices in their premises requesting customer cooperation regarding the revised prices.

The Karnataka Hoteliers' Association and the Bruhat Bengaluru Hoteliers' Association had earlier stated that an increase in tea and coffee prices was inevitable following the milk price hike. The associations had indicated plans to raise prices of these beverages by Rs 5 to Rs 10 per glass, and many hotels have already implemented this.

Regular patrons have expressed concern about the price hike. One such customer said that with a Rs 5 increase per 100 grams of tea or coffee, their monthly budget has gone up by Rs 150 to Rs 200, a notable impact on middle-class consumers. "Hoteliers are cutting into our pockets," said the disgruntled customer.

Citizens help police keep close watch on their neighbourhood

Positive response to initiative in which residents of areas join in for night patrols; programme to branch out

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In a proactive move to enhance community safety, the City Police have rolled out the 'Naavu Neevu' initiative, also known as the Neighbourhood Watch program. This initiative seeks to strengthen the bond between law enforcement and residents by involving citizens directly in nighttime patrols.

Initially launched in the West Division, 'Naavu Neevu' has now been expanded to other divisions due to its positive reception. Volunteers aged 18 years and above, with no criminal background and residing locally, are paired with police officers to conduct joint night patrols. This collaboration aims to raise awareness about crime prevention and actively deter criminal activities.

Boost to community policing

As part of the programme, each police station selects around five to ten interested citizens to volunteer. These volunteers accompany police personnel during night patrols, one volunteer is paired with one officer to assist in monitoring neighbourhoods more closely.

In addition to crime prevention, the volunteers also support law and order management during major cultural events, helping ensure smooth conduct while respecting cultural sensitivities and identifying local concerns.

A senior police official highlighted that the initiative is playing a vital role in bridging the gap between citizens and the police, fostering a sense of community and trust.

"This programme is helping create a friendly bond between citizens and the police. Through this initiative, we get to learn about the different issues and challenges people face in various parts of the city," the official said. He added that the public's involvement has led to valuable, real-time information about suspicious activities in specific areas, enhancing the overall effectiveness of policing.

Beyond night patrols, volunteers assist during major events such as festivals and public gatherings. To acknowledge their contributions, the police issue appreciation certificates during the Masika Jana Samparka Sabha. Residents interested in joining can visit their local police station for more information.

E- Subhahu app

Complementing this community-driven approach, the Karnataka State Police have introduced the E-Subhahu application.

This app streamlines the planning, reporting, and auditing of patrols, ensuring efficient monitoring of sensitive areas like women's hostels, religious sites, banks, bus stops, and railway stations.

The public can also access the E-Subhahu app to receive notifications when an officer visits specific beat points, fostering transparency and trust.

Techie estranged with wife ends life

A 40-year-old tech professional was found dead in his apartment at DX Smart Nest, Ganigarahalli, late Friday evening. Police suspect suicide. The deceased has been identified as Prashant Nair, who used to work at Lenovo.

Around 9 pm, a family acquaintance informed the techie's father, MN Kutty, a 77-year-old retired Air Force canteen manager, about the incident.

According to the complaint filed by Kutty at 11 pm, Prashant had been struggling with ongoing marital disputes with his wife, Pooja Nair, for the past year. The couple had been married for 12 years and shared an eight-year-old daughter, Rashika. Following repeated disagreements, Prashant chose to move out of their Hennur residence and had been living alone at the Ganigarahalli apartment. Senior police official stated, "There is no allegation of torture by wife. They were staying separately for more than one year." On April 4, Kutty was taken to the apartment by a man named Pramod, who informed him that another argument had taken place. However, upon arrival, they found an ambulance already stationed outside.

An Unnatural Death Report has been filed under Section 194 of the BNSS 2023. Police have initiated standard procedure, including a postmortem, to ascertain the exact cause of death. The body has been sent for autopsy and will be handed over to the family following formalities.

If you are feeling depressed or having suicidal thoughts, please reach out for help. Helpline numbers: Sahai: 080 65000111, 080 65000222; Tele-Manas helpline: 14416 or 1800-891-4416 BMB

SAD DEMISE

CMR Group of Institutions is deeply saddened to announce the passing of
Dr. K C Raju Reddy, MBBS, MD, FIAMS, Senior Trustee of CMR Jnanadhara Trust, on 7th April 2025.

06.07.1949 — 07.04.2025

DR. K C RAJU REDDY

S/o Lt. Chikka Muniyappa Reddy(CMR)
Director, K C Raju Multispeciality Hospital

Ex President, IMA Karnataka branch
Ex Chairman, Association of Physicians of India
Ex Senate Member, Rajiv Gandhi University of Health Sciences
Ex ESIC, Member Regional Board, Hospital Development Committee, Indiranagar and Rajajinagar
Chairman, Health Committee, Karnataka Reddy Jana Sangha
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Dr. K C Raju Reddy was the son of the esteemed educationist and philanthropist, Late Chikka Muniyappa Reddy. A distinguished specialist in general and internal medicine, he served as the Director of K C Raju Multispeciality Hospital in Lingarajapuram, Bengaluru . He also held prominent positions in the medical community.

Dr. K C Raju Reddy will be fondly remembered with respect and gratitude for his contributions to the Medical and Education field, by CMR Family, Trustees, Management, Staff and Students of CMR Group of Institutions, CMR University and Ekya Schools.

The mortal remains will be kept for public homage at #44, Veerabhadra Nilaya, 4th Cross, CMR Lane, Lingarajapuram, Bangalore

Final rites will be held at CMR Shanthidhama, located near CMR National Public School, 2nd Main, 3rd Block, HRBR Layout, Bangalore on 8th April 2025 at 11.30am

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Warning: Cross this road at your own risk

Amarjyothi Layout residents call for urgent pedestrian safety measures on Inner Ring Road, citing long waits, speeding traffic, and inadequate access to the distant skywalk

Y Maheswara Reddy
c-y.reddy@timesofindia.com
TWEETS @BangaloreMIRROR

KAUSHIK JN

Pedestrian crosses Inner Ring Road near Amarjyothi Layout, where residents seek safer access

Residents of Amarjyothi Layout are facing significant difficulties boarding BMTC buses on the opposite side of Inner Ring Road, near the Hindu Burial Ground, while commuting towards Koramangala or Indiranagar.

Amarjyothi Layout is divided into East and West by the Inner Ring Road, which cuts through the area. To commute, residents from either side must cross this busy stretch that serves as the main link between Koramangala and Indiranagar.

"We have no option but to wait 10 to 20 minutes just to cross the road. We have to be extremely cautious because of speeding vehicles. Politicians and authorities are well aware of this issue, but they've done nothing about it all these years," said a resident of Amarjyothi Layout, speaking on condition of anonymity.

Residents said they have to walk nearly half a kilometre to access the skywalk. "We urge BBMP authorities and the Traffic Police to construct a scientific speed hump across the road to help pedestrians cross safely," said a resident.

Criticising the concerned authorities for the lack of a skywalk or a scientific speed hump, Shivakumar V, a social activist from Domlur, has demanded immediate action to ensure pedestrian safety. "The Inner Ring Road is always busy with heavy traffic, especially during peak hours. It's very difficult to cross. Hundreds of people working in nearby offices have to wait 15 to 20 minutes just to reach the other side of the road in the mornings and evenings," he said.

> **"A road accident occurred near the skywalk six months ago. It could have been avoided if the victim had used the skywalk to cross the road** –Shivakumar V, a social activist

He said that not many pedestrians use the skywalk located half a kilometre away from the Domlur flyover. "A road accident occurred near the skywalk six months ago. It could have been avoided if the victim had used the skywalk to cross the road. I urge the traffic police to ensure that pedestrians use the skywalk to safely reach the other side," he said.

A resident said the Inner Ring Road was built more than two decades ago, at a time when there was minimal vehicular movement. "Now, it has become both difficult and dangerous for pedestrians to cross. I appeal to the authorities to address this issue as soon as possible," he said.

Steep tax hike for 2025-26 stumps property owners

BBMP introduces new charges and penalties as citizens question lack of transparency

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Property owners in the city are raising concerns over a significant hike in property tax rates for the current financial year. Compared to 2024–25, this year has seen a steep increase of around 25 to 30 percent, sharply raising the overall tax burden. For instance, a property owner who paid 9,454 last year—including general property tax and cess—will now have to pay 12,078 this year, inclusive of solid waste management charges. This marks an increase of 2,624 in total dues.

In another example, a property that was charged 720 last year for solid waste cess and charges will now attract 3,344—a nearly fivefold increase. The sudden hike has come as a shock to many citizens, who are questioning the rationale behind such a steep revision, especially in the absence of adequate public consultation or prior notice.

BBMP's property tax portal goes live after delay

Meanwhile, after a brief delay, the Bruhat Bengaluru Mahanagara Palike (BBMP) has finally activated its property tax payment portal, which went live last Saturday. Property owners can now pay their taxes for the 2025–26 financial year through the online platform. Although the new financial year officially began last Tuesday, the portal remained non-operational until the weekend, leaving many citizens unable to make timely payments. Developed and maintained by the National Informatics Centre (NIC), the portal has undergone several updates this year. Notably, BBMP has introduced solid waste management charges based on the built-up area of buildings within its jurisdiction. These charges have now been integrated into the property tax system and will be collected together. In addition, new provisions for penalising defaulters—such as a 100% penalty on tax evasion and interest on delayed payments—required technical upgrades to the system. This led to a delay in the portal's relaunch, as it had to be reconfigured and tested before going live.

file photo

Cops to flag bad roads

Police have now been asked to flag bad roads in the city. Deputy Chief Minister DK Shivakumar on Monday said, "I've directed the Joint Commissioner of Police that wherever officers spot damaged roads, they must report it to BBMP officials. While such issues may escape the notice of engineers or elected representatives, the police—being on the ground constantly—are in a better position to identify them. I've asked for these reports to be submitted in writing to ensure timely action."

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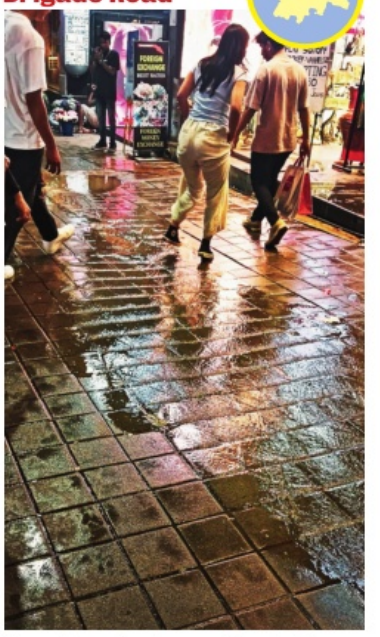
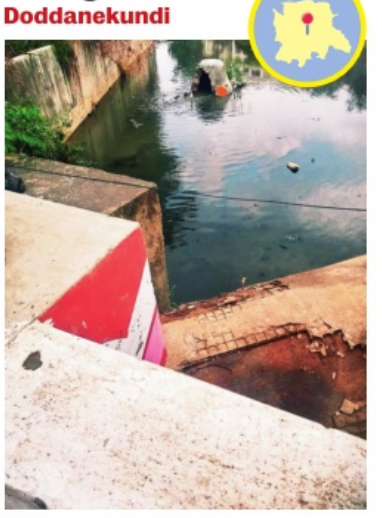
Drain disaster
Brigade Road



Sewage water is overflowing from a manhole on the busy Brigade Road, with human waste visibly strewn across the street.

Sewage leak
Doddanekundi



Untreated sewage from Doddanekundi is being released into the Marathahalli Rajakaluve through an alternate source.

Banner menace
Muniswamappa Layout

Flex banners are cluttering the area in front of a temple in Channanayakanapalya, Muniswamappa Layout, Doddabidarakallu ward. BBMP intervention is urgently needed.

Prajwal case: Objections sought

IN HIGH COURT

The Karnataka High Court issued notice to the state government on Monday regarding the bail petition of former MP Prajwal Revanna (JD-S), concerning the initial rape case filed at Holenarasipura Rural Police Station, Hassan District.

Justice Pradeep Singh Yerur directed the state to submit objections by April 15, the scheduled hearing date.

Senior Advocate Prabhuling K Navadgi, representing the petitioner, requested an expedited hearing, noting that a coordinate bench had stayed the trial whilst hearing a co-accused's petition.

Navadgi highlighted the four-and-a-half-year delay in filing the complaint, stating "I will prima facie show that after four and half years the complaint has been filed. There is absolutely no explanation on why the complaint is filed after such delay."

He further stated, "I cannot be languishing behind bars for reasons beyond my control, that is an important factor to be considered" and "Even a single circumstance which alters subsequent decision calls for revisiting the entire matter."

Additional Special Public Prosecutor BN Jagadeesha contested this, stating, "The Supreme Court has rejected the bail and there are no changed circumstances shown in the present bail petition for it to be considered. Moreover, the petitioner is the main accused in the case. The trial has been held against other people." The court noted the Supreme Court's previous bail rejection. Due to time constraints, the hearing was scheduled for April 15, with instructions for the prosecution to address the petitioner's arguments. **BMB**

POCSO case: BSY's travel plea

The High Court has issued a notice to the state government on Monday regarding an application by former Chief Minister BS Yediyurappa. The application sought modification of bail conditions imposed during his anticipatory bail grant in a POCSO Act case. Justice Pradeep Singh Yerur scheduled the hearing for after the summer vacation, directing respondents to submit objections, if any.

The court's February 7 order granting anticipatory bail had restricted the petitioner from leaving the court's jurisdiction without prior permission.

Senior Advocate CV Nagesh, representing the petitioner, stated: "I am a senior political leader of a political party, i need to keep moving myself throughout the state and at times throughout the country."

The court responded critically, noting that political leaders should maintain higher standards and avoid deplorable activities.

Special Public Prosecutor Professor Ravivarma Kumar indicated his intention to present relevant facts. Nagesh responded: "Provided there is a semblance of truth in it."

The court noted the one-month restriction on travel, mentioning its resumption after April 21. It suggested listing the matter post-vacation, allowing the State to file objections. Kumar acknowledged that the accused could seek permission from the trial court for travel, recommending the current conditions remain.

The case originated from a complaint by a mother alleging Yediyurappa sexually assaulted her 17-year-old daughter during a February 2023 meeting at his Bengaluru residence. **BMB**

With Rs 10-crore boost, BBMP to wildlife rescue

Multi-storeyed hospital with 5 rescue centres planned for city where number of distress calls have gone up

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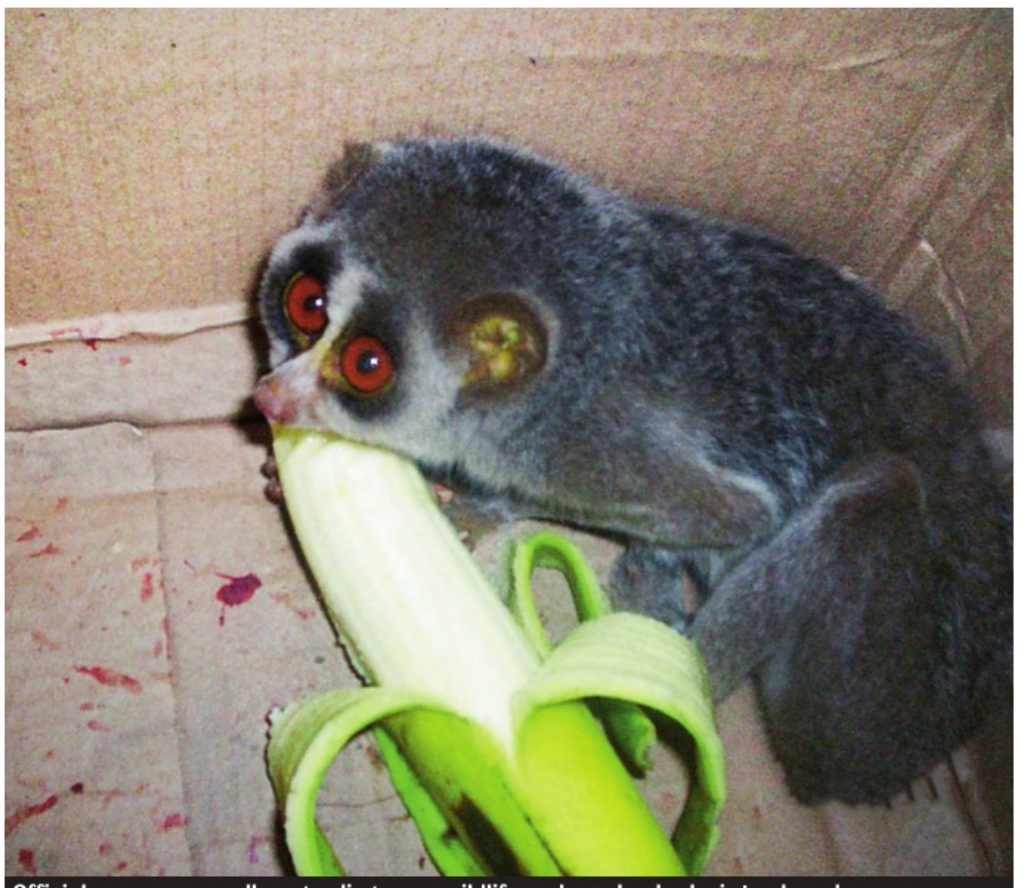

Officials say rescue calls regarding many wildlife such as slender loris too have become more frequent than before in the city

The Forest Department of Bruhat Bengaluru Mahanagara Palike (BBMP) has Rs 10 crore in its kitty to open its first-ever wildlife hospital, with five rescue centres associated with the facility.

The multi-storeyed hospital building for wildlife (non-domestic animals) is proposed to be constructed at Bannerghatta National Park over the next year.

"The project has received funding of Rs 10 crore in the 2025-26 BBMP budget, and work will begin soon. The plan also includes five rescue centres in various parts of the city, which will be associated with the hospital. The idea behind rescue centres is to ensure that animals from across the city can avail of the state-of-the-art facilities available at the hospital," said BLG Swamy, Deputy Conservator of Forest, BBMP.

The hospital with the latest technological advances in veterinary science will treat non-domesticated animals and will help address the city's increasing wildlife rescue demands.

"With the ever-expanding need of the city, the number of wildlife and thus the rescue calls has also gone up. We are rescuing snakes, monkeys, various birds, slender loris, and many other wildlife that were not frequently seen earlier. While the number of rescues has gone up, not much has happened at the treatment front. The proposed hospital will treat all these animals and any other that we encounter in the future as well," added Swamy.

City-based animal activists say a multi-specialty hospital equipped with the latest technological advances in veterinary science is a welcome move, given that the existing hospitals, which are mostly not-for-profit, are overflowing with cases.

"Bengaluru only has a couple of wildlife hospitals, and they are all non-governmental. More hospitals, especially government-run ones, will ensure that more animals can be rescued and treated. It is time that BBMP has its skin in the game," said Harini Raghavan, Citizens for Animal Birth Control.

> **Location should be decided after analysing the rescue calls that the existing centres in the city have been receiving** –Activist

Location of the associated rescue centres, activists advocate, should be across the BBMP zones. Moreover, BBMP should speak with city-based rescue centres to assess areas with a high number of wildlife rescue calls to decide the locations of the rescue centres.

"The rescue centres should be strategically located to make the most out of them. Location should be decided after analysing the rescue calls that the existing centres in the city have been receiving. Moreover, BBMP should rope in the already established rescue centres to run some of these facilities as they already have a robust system in place," said a city-based activist.

IN BRIEF

Domestic spat leads to murder of woman, husband on the run

A domestic spat turned tragic in Vishwashanthi Nagar near Bhaktan apalya, Nelamangala, where a 30-year-old woman, Salma, was allegedly murdered by her husband Imran Khan on Sunday night.

According to police, the couple, who had both remarried eight months ago, frequently fought over personal issues. On the night of the incident, a heated argument broke out after Salma expressed a desire to meet her son from her previous marriage. In a fit of rage, Imran allegedly strangled her to death and fled the scene.

Salma had been living with Imran in a rented house while staying in touch with her child from her earlier marriage.

26-year-old man found murdered

A 26-year-old man was found dead with a head injury near Banashankari 6th Stage, 7th Block, close to Turahalli Forest, under the Kengeri police limits.

ASI Krishnappa HM, on patrol duty on Monday, discovered the body around 9.15 am. The man, later identified as Sameer, a resident of Anchepalya, Mysuru Road, was found lying in a pool of blood with a clot on his hea, suggesting he was bludgeoned to death with a weapon. Police believe the murder took place sometime between 9:30 pm on April 6 and 6 am the next day. **BMB**

FIR against cops for extortion

Karnataka Lokayukta has registered an FIR against a police Inspector, two constables, and four others for allegedly coercing a woman government employee into giving up her house in exchange for closure of a case against her, sources confirmed on Monday.

The Lokayukta police recently conducted a raid on the Annapoorneshwari Nagar Police Station in connection with the case.

The FIR has been filed against Inspector AV Kumar and Constables Umesh and Ananth, all attached to the Annapoorneshwari Nagar station.

The Lokayukta has also named CP Gavi Gowda, Divya, Somashekar Aradhya, and Dinesh as accused in the case. All seven have been booked under the Prevention of Corruption Act.

According to Lokayukta sources, a case had earlier been filed at the same police station by Somashekar Aradhya against one Anusha, a government employee and wife of civil contractor Channe Gowda.

Anusha alleged that Inspector Kumar coerced her into surrendering a house worth Rs 4 crore in exchange for filing a closure report in the case. Channe Gowda, submitted video evidence allegedly showing rowdy elements being sent to their house. **IANS**

On the METRO Fare Hike
Comic by: @Gouths.art
METRO FARE OR LUNCH?
DECISIONS, DECISIONS ...
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NGO flags toxic pollution in Arkavathi river, urges CPCB action

Paani Earth's water analysis near TG Halli reservoir reveals alarming contamination; calls for overhaul of national monitoring and urgent pollution control measures

Garima Prasher
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TWEETS @BangaloreMIRROR

Paani Earth, a city-based non-governmental organisation, has approached the Central Pollution Control Board (CPCB), highlighting alarmingly high levels of contamination of the Arkavathi River near Thippagondanahalli (TG Halli) reservoir.

Citing results from its recent water quality analysis, the NGO has urged the CPCB to take immediate action to address the rampant pollution affecting critical points across the Arkavathi river basin.

Among its key recommendations are a detailed audit of existing monitoring stations under the National Water Monitoring Program (NWMP) to identify gaps, aligning the NWMP's implementation with CPCB's guidelines for identifying and curbing pollution sources, and drawing up a concrete action plan for pollution abatement.

Paani Earth collected water samples from three locations upstream and downstream of the Thippagondanahalli reservoir, and from the Dodda Mudavadi bridge, located 10 kilometres upstream of the Arkavathi-Vrishabhavathi confluence. The results were alarming.

The analysis revealed dangerously high levels of toxic substances, including mercury, the banned pesticide DDT, cancer-causing polycyclic aromatic hydrocarbons (PAHs), and fluoride.

DDT concentrations were found to be 75 times higher than the European Union's water quality standards. Hexavalent Chromium, a known carcinogen, exceeded Canadian water quality guidelines by 100 times. Mercury levels ranged from 16 to 26 times above Canadian safety standards across all three sites. PAHs were detected in all samples.

"These findings raise serious concerns about compliance with environmental norms," noted the principal bench of the National Green Tribunal (NGT).

Following the publication of the study, the NGT registered a suo motu case and issued notices to the Bruhat Bengaluru Mahanagara Palike (BBMP) and the Karnataka State Pollution Control Board (KSPCB).

Despite high levels of mercury, DDT, and carcinogens found in water samples, locals continue to fish near TG Halli reservoir, risking serious health impacts. File photo

> **Contaminants entering irrigation systems are also likely to bioaccumulate in crops and aquatic species, posing a serious risk to public health**
> –NGO stated

Paani Earth warned that these contaminants could enter irrigation systems and bio accumulate in crops and aquatic life, posing serious health risks to the public. The NGO stressed the urgent need to bolster the NWMP to effectively detect and address such critical pollution patterns.

It also recommended analysing river sediments to assess the extent of contamination. According to the NGO, pollutants like PAHs, pesticides, and phthalates should be included in the NWMP's testing protocols. It added that the number of monitoring stations especially around industrial clusters and agricultural zones should be increased.

"The water quality in the Arkavathi and its tributaries can vary significantly throughout the day. A one-time grab sampling method is simply not enough to capture the real extent of pollution.

BM Trippin' Tales

Consumer Connect Initiative

Sea walk crumbles amid tourist surge at Kodi beach, raising safety fears

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As the intensity of the monsoon recedes, beaches are witnessing a surge in tourists. For example, Kundapura's Kodi Beach has been attracting visitors from Bengaluru, Hassan, and Mysuru over the weekends. The Sea Walk and Lighthouse areas have become crowded on Saturdays and Sundays, with throngs of people flocking to enjoy the scenic beauty.

However, erosion at the end of the Sea Walk, a major tourist attraction, remains unattended, raising concerns among visitors. Once an ideal spot to take in the ocean's splendour, this stretch now poses safety risks. Cracks in the concrete have allowed vegetation to grow wild, and cleanliness in the area has been neglected. Waterlogging from recent rains has not been addressed, adding to the discomfort.

Despite thousands of tourists visiting on weekends, basic infrastructure is lacking. There are not enough toilets or bathrooms, and the area is short on guest houses, rest spots, and quality hotels. Tourists visiting the nearby backwaters, including those from states like West Bengal, often have no choice but to return to Kundapura town for rest after their sightseeing.

While tourists have begun arriving at Kodi Beach, as the shortage of infrastructure is noticeable. Since many women and children visit the beach, basic amenities are essential, and the relevant authorities must address these issues, said Nagaraj Kanchan, a local resident of Kodi.

Kodi Beach is regarded as one of the safest in the country. Yet, the Sea Walk remains in a precarious state, with no safety measures implemented so far. Known for its unique backwaters and as a habitat for free-roaming dolphins and nesting sea turtles, Kodi Beach has seen a steady increase in tourist numbers in recent years. Locals stress that it's time the authorities shift their focus toward its sustainable development.

Despite safety concerns, families enjoy an evening by the sea at Kodi Beach

> **Since many women and children visit the beach, basic amenities are essential, and the relevant authorities must address these issues**
> –Nagaraj Kanchan, a local resident of Kodi

Speaking on the need for caution, an official said tourist should prioritise safety to ensure a pleasant and incident-free visit. "It's important to be aware of local weather conditions and tide patterns. Checking the forecast before heading out can help avoid sudden storms or dangerous tides," the official said. He also advised paying attention to beach flags and signs, which provide warnings about strong currents or jellyfish.

Swimming should be limited to designated areas monitored by lifeguards, who are trained to handle emergencies and familiar with specific local hazards such as rip currents. "If caught in a rip current, don't panic or swim against it. Instead, swim parallel to the shore until you're out of the current," he added.

Locals also encouraged tourists to stay hydrated, apply sunscreen, and wear protective clothing to guard against sunburn and heatstroke. Staying alert, especially in crowded places, helps prevent theft and accidents. "If you're not a strong swimmer or unfamiliar with the beach, don't venture too far into the water.

21-year-old beaten up, extorted by jail staffers, family alleges

Mother of victim files complaint, seeks Human Rights Commission's intervention

In a disturbing case, a mother has approached the Karnataka Human Rights Commission (KHRC), alleging custodial torture and extortion by officials at the Parappana Agrahara Central Prison.

INFOCUS CUSTODIAL TORTURE

The victim, 21-year-old Hameed B, has been in judicial custody since October 2024 in a POCSO case filed by the family of a minor girl he was allegedly in a relationship with.

In a formal complaint filed on Sunday, Banu, the mother of Hameed, stated that her son was physically assaulted by seven-eight jail staffers on the intervening night of April 5. According to her, the prison officials had demanded a bribe of Rs 30,000 and resorted to brutal violence and verbal abuse when Hameed expressed his inability to pay.

"The officers denied him food, basic amenities and even threatened him with dire consequences if the money was not arranged," Banu wrote in her letter to the Commission. She also submitted photographs of her son's injuries along with a pen drive containing videos allegedly evidencing the abuse which were reportedly received by inmates.

The family claims that Hameed has already paid over Rs 30,000 over the last six months to the authorities under pressure. "This recent demand for a lump sum was beyond our means, and when we couldn't pay, they beat him up," alleged a family member.

Advocate and human rights activist Narasimhamurthy, who is representing the family, called the incident "a grave violation of human rights" and demanded that an MLC (Medico-Legal Case) report be generated outside the prison premises by an independent hospital. "We have submitted a letter to the Superintendent of the Central Prison and it is imperative that the Home minister addresses this inhumane issue," he stated.

The commission has acknowledged receiving the complaint and further investigations are underway.

—Atiya Firdos

KAUSHIK JN

SOFA, SO NOT GOOD

Talk about quick fix — Here a sofa warns commuters about the damaged road , near Kadarenahalli underpass, Banashankari

AROUNDTHEWORLD

Trump vows more tariffs on China as global markets plunge

President Donald Trump threatened additional tariffs on China on Monday, raising fresh concerns that his drive to rebalance the global economy could lead to a trade war.

Trump's threat, which he delivered on social media, came after China said it would retaliate against US tariffs announced last week.

"If China does not withdraw its 34% increase above their already long term trading abuses by tomorrow, April 8th, 2025, the United States will impose ADDITIONAL Tariffs on China of 50%, effective April 9th," he wrote on Truth Social. "Additionally, all talks with China concerning their requested meetings with us will be terminated!"

Trump has remained defiant as the stock market continued plunging and fears of a recession grew.

"Be Strong, Courageous, and Patient, and GREATNESS will be the result!" he wrote. **AP**

Israel builds watch towers in Gaza

Israeli troops could be seen clearing ground and building watch towers on Monday in parts of Gaza they have seized in recent days in a renewed offensive that the United Nations says has already captured or depopulated two-thirds of the enclave.

The army has issued repeated evacuation warnings to hundreds of thousands Palestinians in southern, central and northern areas since it resumed operations in Gaza on March 18, forcing them into a diminishing space limited by the sea.

Zakia Sami, 60, a mother of six from Gaza City, said she could see tanks occupying the high ground as she fled her home after the army ordered the family out of the eastern suburb of Shejaia.

"They have taken over the Al-Muntar hilltop where we used to go to play with our kids. Now they are stationed there and they can hit any house they want inside Shejaia," she told Reuters via a chat app. "Gaza has always been a small place and the Israelis are making it smaller and smaller every day..." **Reuters**

No polls in Ukraine since war

Ukrainian President Volodymyr Zelenskyy would have had to face a reelection campaign in the spring of 2024 if it had not been for Russia's full-scale invasion. Now, the question of the legitimacy of his rule is being weaponized by Russia.

U.S. President Donald Trump also called Zelenskyy a "dictator without elections," echoing Russian propaganda, but later appeared to rescind the comment by denying he said it.

It is not the first time Western officials have expressed concern about Zelenskyy's tenure as president especially under martial law when his office has consolidated control of government policy to sustain and direct the war effort. Western officials have also privately expressed their preference for elections to take place in the last year, before Trump assumed office, according to lawmakers who maintain contacts with their European counterparts.

Zelenskyy has declined to hold polls until a ceasefire is declared in line with Ukrainian law and Ukrainians support that decision. **AP**

CLOSERHOME

Govt hikes excise duty on petrol, diesel; LPG cylinder also costlier

The government on Monday announced that it has increased excise duty on petrol and diesel by Rs 2 each, with effect from Tuesday, but there will be no increase in the retail prices of the two fuels as oil prices have come down in the global market. Other than that, LPG cylinders will also cost more. LPG cylinders, both Ujjwala and non-Ujjwala, will be Rs 50 dearer starting Tuesday, Minister Hardeep Puri announced on Monday at a press conference. "The price per cylinder of LPG will increase by Rs 50. From Rs 500, it will go up to Rs 550 (for PMUY beneficiaries), and for others, it will go up from Rs 803 to Rs 853," the minister said. **IANS**

Indian banks recovered over ₹14k cr: Mallya

Fugitive liquor baron Vijay Mallya has claimed that Indian banks have got access to his properties worth Rs 14,131.6 crore, more than twice the amount that he owed to public sector banks.

Mallya cited purported reference to the details of restoration done by the Enforcement Directorate against wilful defaulters in the Finance Ministry's annual report 2024-25 to say that banks have already recovered Rs 14,131.8 crore against Rs 6,203 crore awarded by the Debt Recovery Tribunal. "Finally, against aT judgment debt of Rs 6,203 crore, admitted recovery of Rs 14,131.8 crore, which will be evidence in my UK bankruptcy annulment application. Wonder what banks will say in an English Court," Mallya said in a post on X. **PTI**

Flight makes emergency landing after woman dies onboard

An IndiGo flight bound for Varanasi made an emergency landing at the airport in Maharashtra's Chhatrapati Sambhajinagar after an 89-year-old woman died onboard, officials said on Monday.

The Mumbai-Varanasi flight made the unscheduled landing at the Chikalthana Airport at around 10 pm on Sunday, an official said.

Sushila Devi, a native of Mirzapur in Uttar Pradesh, boarded the flight from Mumbai and started feeling unwell mid-air. The flight landed at the airport, around 350km from Mumbai, and a medical team examined the woman, but she had already died, he said. "IndiGo flight 6E-5028, operating from Mumbai to Varanasi, was diverted to Aurangabad on April 6 due to a medical emergency onboard. Despite prompt medical attention, the passenger's condition did not improve," the airline said. **PTI**

'When those in power choose to remain silent, who will take a stand?'

CONTINUED FROM PAGE 1

According to the police complaint filed by a neighbour, the man shared both the CCTV clip and a mobile phone video showing two women walking on the road late at night, followed by an unidentified man. The video captures the man allegedly misbehaving with one of the women before fleeing the scene. "We are still trying to identify the victims and trying to trace," said an investigating officer.

Activists have deplored the impunity of the culprits. Madhu Bhushan, an activist, said," If even a woman's basic right to consent is ignored, what message does that send? This is not merely a moral issue — it's a matter of power and toxic masculinity, where a woman's autonomy is disregarded. When those in power choose to remain silent, who will take a stand? The police and the courts only seem to respond when something dramatic or sensational occurs."

While areas that are poorly lit becoming hotspots for incidents, some cases stay buried in silence, forgotten for years before the truth finally surfaces. This incident comes on the heels of a horrifying case involving a 30-year-old badminton coach who was arrested for allegedly raping a 16-year-old girl and possessing explicit material involving several minors. The incident came to light after the victim's mother filed a complaint, prompted by the girl's grandmother who noticed a nude photo had been sent from the girl's phone to an unknown number.

During the investigation, the girl revealed that her coach had repeatedly assaulted her and had taken her to his residence, where he filmed and photographed her without consent.

She also admitted to skipping dance classes to secretly meet him. Police found nude images and videos of at least seven to eight other minor girls on the coach's mobile phone, suggesting a pattern of abuse.

The girl had been training under him for two years, during which he allegedly groomed her. The accused is in police custody for eight days, with sources revealing he is a habitual offender who targets young girls.

In another case 19-year-old woman from Bihar was abducted and raped near KR Puram railway station in the early hours of April 2. The survivor and her family had arrived in Bengaluru from Kerala, where they had worked in cardamom plantations. On their way back to Bihar, they stopped at KR Puram, where she and her brother went in search of food.

The siblings were ambushed by the two men. "These incidents reflect a worrying trend. For those of us who have been working on this issue for a long time, we know it's not just about increasing patrolling. While safety and security on the streets are important, the real concern is understanding why these incidents are rising. We need to address the root causes of harassment. Why are these cases going up? What is fueling this growing hyper aggression? Whether it's a family, in streets, communities, colleges, patrolling is just a small problem, we need to address this in a systematic way. Women have always been vulnerable, but what's changing now is their increased presence in public spaces, especially at night. It's as if women are crossing the so-called "Lakshmana Rekha" — boundaries of time and space that society has historically imposed. And there's a disturbing mindset that such boundary-crossing must be punished. This is where the deep-rooted misogyny stems from," says Bhushan.

Women commission writes to State Police to investigate molestation case

The Karnataka State Women commission has written to he DCP Southeast Bengaluru to investigate the April 3 alleged molestation in Bengaluru's Bharti Layout, Suddaguntepalya.

"There is a report that a young woman was walking near the road at the 1st cross of Bharti Layout, Suddaguntepalya, on April 3 at midnight when a person followed her, touched her private part, sexually harassed her and ran away," the letter read.

"It is requested to investigate the said case as per rules, take appropriate action against those responsible and send the report of the action taken to the Commission at the earliest," the Women's commission said.

Earlier in the day, the National Commission for Women (NCW), acting on the directions of its Chairperson Vijaya Rahatkar, took suo motu cognisance of an alleged sexual harassment incident in Bengaluru's BTM Layout.

The Commission has demanded swift action, including the registration of a case, immediate arrest of the accused, and an Action Taken Report (ATR) within three days.

In a post on X, NCW said, "On the directions of NCW Chairperson Smt. Vijaya Rahatkar, the Commission has taken suo motu cognisance of the disturbing incident of sexual harassment in Bengaluru's BTM Layout. NCW has sought urgent FIR under BNS, immediate arrest of the accused, and ATR within 3 days."

A woman was reportedly sexually assaulted in the middle of the street on April 3 near Sadduguntepalya. The incident was captured on CCTV prompting widespread outrage.

Police have launched an investigation and registered a case under Sections 74, 75, and 78 of the Bharatiya Nyaya Sanhita.

"A person had put the video on social media. Taking cognisance of the video, we have registered a case. We have identified the person who had posted the video online. We have also spoken to the victim and built confidence in them.

The accused will be secured soon. The video is not very clear, and this is why we are taking time to identify him (the accused). Five teams on the ground are working on the case," DCP South East Bengaluru, Sarah Fathima, said.

The case has sparked political controversy, with the BJP criticising the ruling government's handling of law and order.

In response, Karnataka Home Minister G. Parameshwara said the opposition lacked substance in its criticism and added that such crimes, though unfortunate, tend to happen in large cities. **ANI**

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CHANGE OF NAME

I, Bhavana Kailash Sharma W/O Sharma Gaurav Sushil R/o D112 Gr Sankalpa, Central Jail Road, Nr Nandini Junction, Choodasandra, Bengaluru, Karnataka, 560099 have changed my name to Bhavna Kailash Sharma for all future purposes.

I, LAVANYA VIJAYKUMAR, Residing at No 382, Sree Guru Prasad, 16th Main, 36th Cross, 4th T Block, Jayanagar, Bangalore-560041, Have changed my name to LAVANYA PRAVEENKUMAR DURBHAKA, vide affidavit dated 07/04/2025 sworn before Notary Aravind Patil G.G Bangalore

I, Kamalaamma, daughter of Goplalappa, residing at #74, Jagadish Nagar, 11th Cross, N.T. Post, Bangalore – 560075, have changed my name from Kamalaamma to Kamala G, and will henceforth be known as Kamala G for all purposes. Date: 08/04/2025

I, Sanatkumara Bhat s/o Seetarama Bhat, R/o No 186 Menasikeri Goudagar Bachagaon Sirsi Market Sirsi Uttara Kannada Karnataka 581402 have changed my name to Sanatkumar Bhat for all purposes.

I S. Krishna Murthy S/O, Singaravelu R/o Sri Anand S No. 14, 2nd Floor, 1st Main 1st Cross, Sudhamanagar, New Thippasandra Bengalore 560075 have changed my name to Anand. S.

I, Monica P Reddy w/o S Yathish Kumar, R/o No-94 Anugraha Lakshmi Layout Mylasandra Begur B'luru 560068 have changed my name to Monica P for all purposes.

I, Lajana Priyesh, R/o No 44 Oceanus Garden Layout, Chikkabellandur, Carmelram Bangalore 560035, have changed my name to Lajana Narayanan.

I Jyothi Anantha nanda Shenoy W/o Anantha nanda Shenoy. R/o 105 Arnessh Jewel Apt, 1st main 2nd cross Bilekahalli Bangalore 560076, changed my name as Jyothi Shenoy for all future purpose vide Affidavit dated 03/04/2024 sworn before notary Mohammed Hussain K

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TRICHY RAMESHWARAM KANYAKUMARI 5/7*/10** DAYS
APR: 11, 13*, 13**, 16, 20*, 21, 26, 27* MAY 1, 3**, 4*, 6
KERALA SPECIAL/KODAI* MUNNAR OOTY* 7*/5* DAYS
APR: 13, 13*, 20, 20*, 27, 27* MAY: 4, 4* 11, 18, 18* 25
SHIRDI NASIK/PANCH JYOTHIRLINGA* 7/6** DAYS
APR: 13, 14*, 17, 20, 21*, 27, 28* MAY: 4, 5*, 11, 12* 18, 19*
COASTAL KARNATAKA/COORG*/CHIKMAGALUR* 4/3* DAYS
APR: 18*, 20, 25* MAY: 2*, 4, 9*, 11, 16*, 18, 23*
SOUTH INDIA 11 DAYS EX: HUBLI APR: 23 MAY: 4, 15, 26
SOUTH INDIA 7 DAYS EX: MANGALORE
APR: 14, 21, 28 MAY: 5, 12, 19

CONGRATULATIONS TO SAHARSH
Little one's World Record At a very young age SAHARSH .S has achieved a World Record. 11 year young boy has achieved a historic record by solving 667 mathematical formulas.
A 5th standard student who has learned and mastered a complex mathematical concepts.
On 19th December 2024, his achievement was registered in the Book of World Records.
He is a student of Sri Chaitanya Techno School, Uttarahalli.
The school's AGM Shivaprasad and Principal Manoj Malavalli congratulates the students.
Saharsh's glorious achievement is inspiring

Karnataka govt to grant permanent employment for civic workers on May 1

Karnataka Chief Minister Siddaramaiah on Monday announced that "pourakarmikas" (civic workers) will be granted permanent employment on May 1, on the occasion of Labour Day.

In his address at the 25th annual celebration of the Pourakarmika Maha Sangha and an awareness programme for the pourakarmika community held at the Palace Grounds in Bengaluru, Siddaramaiah said:

"Like the vachanas of Basavanna that say 'work is worship', you are engaged in sacred labour. Few are willing to do the kind of work you do. Hence, it is the government's responsibility and duty to address your issues and fulfil your demands."

"There is no difference between a Chief Secretary and a pourakarmika. All services are sacred. It is not right to treat you disrespectfully. You, too, deserve professional dignity and social respect. Therefore, your services will be made permanent," he added.

The jobs of drivers working with pourakarmikas on a contract basis will also be regularised, the Chief Minister said.

"Children of pourakarmikas must be educated and empowered. Only through education can one achieve self-respect. Educate all your children. Every child has talent; they just need an opportunity. When opportunities are given, their potential will emerge," he said.

"You are doing hard work to maintain cleanliness now. But your children should not have to do the same. They should move on to other professions and progress. You must integrate into the mainstream of society," he added.

He further assured that the government would provide pourakarmikas with cashless health cards. Issues regarding the identity and recognition of workers would also be resolved, he promised.

Praising the former Mayor of Bengaluru, Narayan for his role in organising and advocating for pourakarmikas, the CM noted: "Narayan, who rose from this community to become the Mayor, has made a huge contribution to the pourakarmika movement."

"The problems presented by Narayan before the government have been resolved in many ways by our administration.

It was our government that ended the contract system and ensured that salaries are paid directly by the municipality. We also facilitated the construction of 524 houses for pourakarmikas in Mysuru, granting Rs 6.5 lakh per house under the housing scheme. This was done only by our government."

"The pourakarmika salary has been increased from Rs 7,000 to Rs 17,000 during my tenure," Siddaramaiah said.

"Every year, 1,000 pourakarmikas are being sent on foreign tours. The pourakarmika community must also develop global awareness," the CM urged. **— IANS**

HEALTH TIP: Papaya extracts are great for adding volume and smoothness to your hair

Studies suggest that fenugreek seeds are known to reduce hair thinning and stimulate growth

BangaloreMirror | 9
Tuesday, April 8, 2025
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FRUITS OF HARD WORK

New research on how people value effort

When deciding if something is worth the effort, whether you've already exerted yourself or face the prospect of work changes your calculus. That's what we found in our new research, published in the Journal of Experimental Psychology: General.

When you consider a future effort, more work makes the outcome less appealing. But once you've completed the work, more effort makes the outcome seem more valuable. We also discovered that hiding behind this general principle of timing there are individual differences in how future and past effort shapes people's value for the fruits of their labor.

What's it worth to you?

In our experiment, we gave participants a choice between a fixed amount of money and a household item – a mug – that they could take home if they exerted some amount of physical effort, roughly equivalent to walking up one, two or three flights of stairs.

This setup allowed us to determine the value each person placed on the effort – did it add to or subtract from the value of the item? For instance, if putting in a little more effort made someone switch their decision and decide to go with the cash instead of the mug, we could tell that they valued the mug plus that amount of effort less than that sum of money.

We also manipulated the time aspect of effort. When the effort was in the future, participants decided whether they wanted to go with the cash or get the mug with some effort. When the effort was in the past, participants decided whether they wanted to cash in the mug they had already earned with effort.

As we had expected, future effort generally detracted from the value of the mug, but the past effort generally increased it.

But these general trends do not tell the whole story. Not everyone responds to effort the same way. Our study also uncovered striking individual differences. Four distinct patterns emerged:

For some people, extra effort always subtracted value.

Others consistently preferred items with more work.

Many showed mixed patterns, where moderate effort increased value but excessive effort decreased it.

Some experienced the opposite: initially disliking effort, then finding greater value at higher levels.

These changing patterns show that one's relationship with effort isn't simple. For many people, there's a sweet spot – a little effort might make something more valuable, but push too far and the value drops. It's like enjoying a 30-minute workout but dreading a 2-hour session, or conversely, feeling that a 5-minute workout isn't worth changing clothes for, but a 45-minute session feels satisfying.

Our paper offers a mathematical model that accounts for these individual differences by proposing that your mind flexibly computes costs and benefits of effort.

Why violate the 'law of less work?'

Why should timing even matter for effort? It seems obvious that reason and nature would teach you to always avoid and dislike effort.

A hummingbird that prefers a hard-to-get flower over an easy equal alternative might win an A for effort, but, exhausted, would not last long. The cruel world requires "resource rationality" – optimal, efficient use of limited physical and mental resources, balancing the benefits of actions with the required effort.

That insight is captured by the classic psychological "law of less work," basically boiling down to the idea that given equivalent outcomes, individuals prefer easier options. Anything different would seem irrational or, in plain language, stupid.

If so, then how come people, and even animals, often prize things that require hard work for no additional payoff? Why is being hard-to-get a route to value? Anyone who has labored hard for anything knows that investing effort makes the final prize sweeter – whether in love, career, sports or Ikea furniture assembly.

Could the answer to this "paradox of effort" be that in the hummingbird example, the decision is about future effort, and in the Ikea effect, the effort is in the past?

Our new findings explain seemingly contradictory phenomena in everyday life. In health care, starting an exercise regimen feels overwhelming when focusing on upcoming workouts, but after establishing the habit, those same exercises become a source of accomplishment. At work, professionals might avoid learning difficult new skills, yet after mastering them, they value their enhanced abilities more because they were challenging to acquire.

What still isn't known

Sayings like "No pain, no gain" or "Easy come, easy go" populate our language and seem fundamental to our culture. But researchers still don't fully understand why some people value effortful options more than others do. Is it physical aptitude, past experiences, a sense of meaning, perception of difficulty as importance or impossibility, moralisation of effort, specific cultural beliefs about hard work? We don't know yet.

We're now studying how effort shapes different aspects of value: monetary value; hedonic value, as in the pleasure one gets from an item; and the aesthetic value, as in the sense of beauty and artistry. For instance, we're investigating how people value artful calligraphy after exerting different amounts of effort to view it.

This work may shed light on curious cultural phenomena, like how people value their experience seeing the Mona Lisa after waiting for hours in crowds at the Louvre. These studies could also help researchers design better motivation systems across education, health care and business.

(By Piotr Winkielman and Przemyslaw Marcowski, University of California, The Conversation)

All you need to know about...

Loneliness

Early death
A study published on Monday revealed for the first time a causal link between chronic loneliness and early death among middle-aged Australian women. Researchers analysed two decades of data from the Australian Longitudinal Study of Women's Health, involving over 57,000 participants.

Risk analysed
The findings after examining data from women aged between 48 and 55 show that women who consistently reported feeling lonely over a 15-year period were three times more likely to die early compared to those who did not report loneliness. Women without persistent loneliness had a 5 per cent risk of death, while that risk rose to 15 per cent among those with ongoing feelings of loneliness, according to the researchers of the University of Sydney, the University of New South Wales, and Western Sydney University, Xinhua news agency reported.

Demystify loneliness
"Loneliness is a risk factor that should be screened for by clinicians, just as we would screen for high blood pressure or cholesterol. We also need to raise the public awareness of loneliness to demystify and destigmatise loneliness," said the study's lead author, Neta HaGani.

Middle aged women most affected
Prof. Melody Ding from the University of Sydney, the study's senior author, said women in middle age are more likely to be the primary caregivers for both young children and elderly parents, as well as going through major life transitions such as menopause, retirement or children leaving home, factors that can contribute to social isolation.
The study, published in BMJ Medicine, also found a dose-dependent relationship -- the more frequently loneliness was reported, the higher the risk of early death.

—IANS

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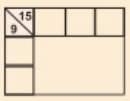
@BangaloreMirror

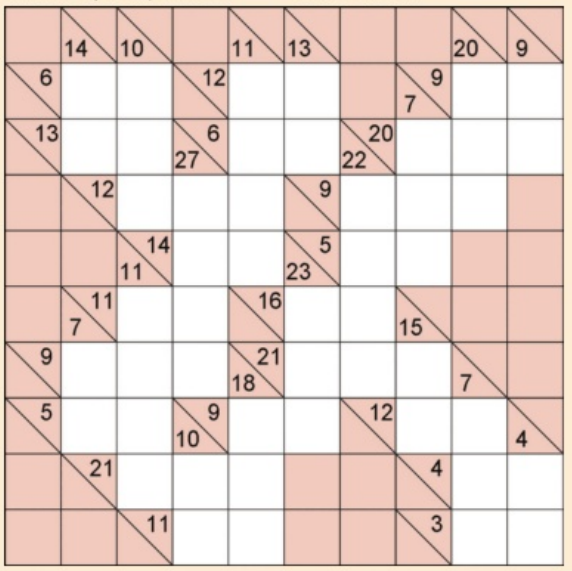
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

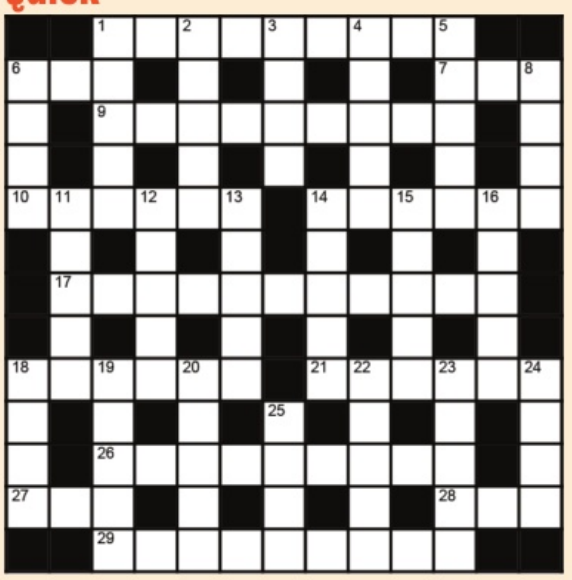


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Imprisonment (9)
6 Old French coin (3)
7 Curved line (3)
9 Bangalore's largest lake (9)
10 ___ down: Bequeathed or passed down (6)
14 Exhausts (4,2)
17 Clever (11)
18 Twelfths of a foot (6)
21 Annually (6)
26 Carefree–in French, "icons a sun" anagram (4,5)
27 Tenth month, in short (3)
28 National Defence Academy, in short (3)
29 Emily Post's forte! (9)

DOWN

1 Havana native (5)
2 Heart rate (5)
3 English exclamation (1,3)
4 Great Asian river (5)
5 Threads or tall tales (5)
6 Engrave (4)
8 Paper fastener (4)
11 Make parallel (5)
12 Trench (5)
13 Broad valleys (5)
14 Bring together (5)
15 Dropsy, excessive accumulation of serous fluid? (5)
16 To the place or degree that....? (5)
18 ___ facto : by that very fact ? (4)
19 ___ system : bane of our Indian society? (5)
20 Feeling of weariness or discontent (5)
22 Rejoice greatly (5)
23 European river (5)
24 Hindu God of death (4)
25 'An hairy man', brother to Jacob (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: L EQUALS D

QWV LWU'H NMXI HW GBIEY–MOYTI–LW IXIKQHNYUR HNMH QWV OWXI MUL HNIU, MH GWSI HYSI, HNI PVHVKI ZYOO EWSI HWRIHNIK PWK QWV YU GWSI PWKS.

Linemaro

I am not a genie, but can make your tweets come true

Mindchow

Teachers open the door, but you must walk through it yourself

Joke of the day

A dog goes into a bar and orders a martini. The bartender says, "We don't see your kind often here." The dog says, "At these prices, I'm not surprised."

Loop

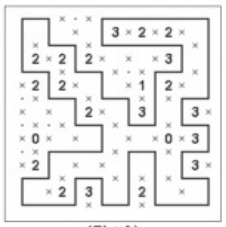
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

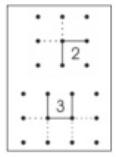
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

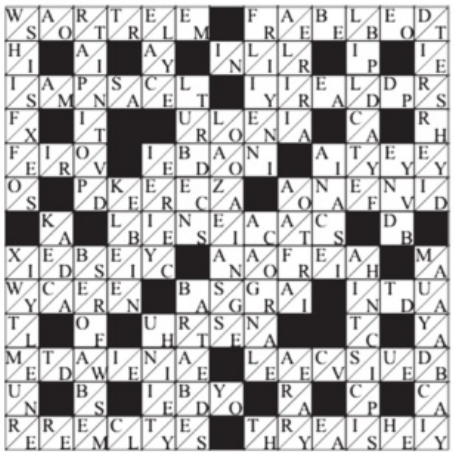


(Fig A)



(Fig B) Not Allowed

Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

ACROSS

1 To sat; 6 To rub; 7 Annum; 8 Cee Pl; 9 Daric

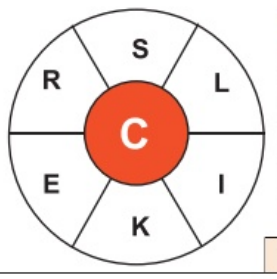
DOWN

1 Sat up; 2 Cutin; 3 Me Orr; 4 I a cab; 5 Noted

Mensapuzzle

Which letter completes the puzzle?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

08 Average; **09** Good; **11** Outstanding

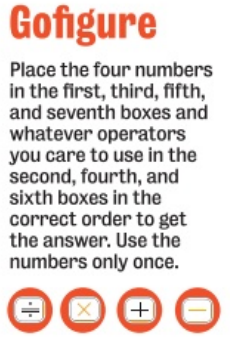
SudokuChallenge

1			3			6		
2				5				
	7	3		4				8
		2	5	8		4		6
	9						7	
4		8		2	7	5		
6				1		2	9	
				7				1
		9			4			5

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

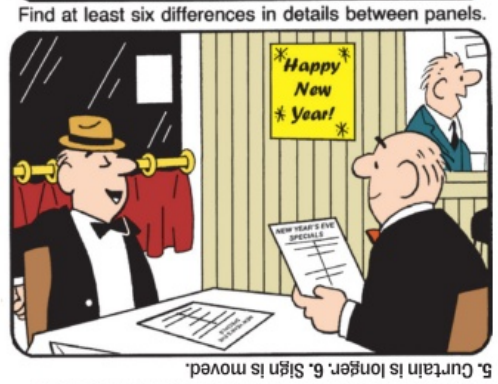
Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus

Find at least six differences in details between panels.



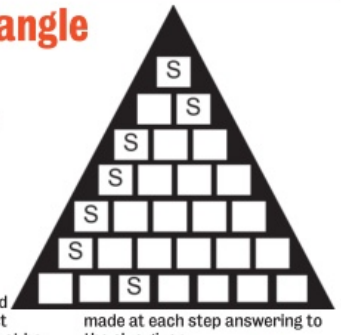
Differences: 1. Nose is smaller. 2. Mouth is different. 3. Back of chair is different. 4. Menu on table is moved. 5. Curtain is longer. 6. Sign is moved.

Riddler

The ******* doctor said "I think ******* Seaman Jones will have to wait as I am ******* to do the operation as there is *******." Exchange the stars with the same seven letters in the same order in each case.

Alpha triangle

1 Sulphur symbol
2 Good it gets
3 Perched
4 Gallows reprieve
5 Lost animal
6 Know-it-all
7 Expert skill



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

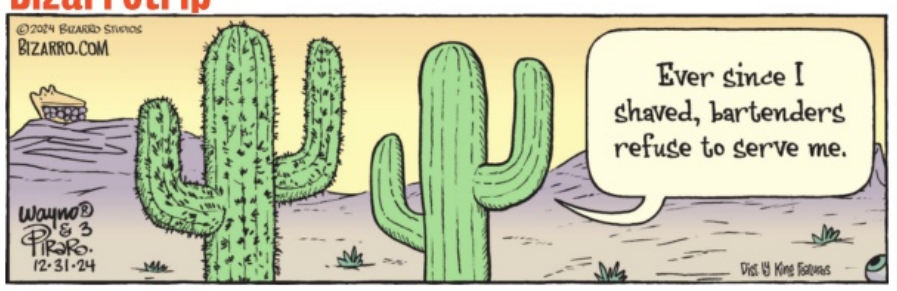
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye

DON'T SPEND ANY OF THE MONIES THE PROFESSOR GIVED YA!
WHY NOT?
IT IS COUNTERFEET! HE MADE IT IN HIS WORKSHOP!
HOW CAN GOLD BE COUNTERFEIT?
popeye.com 7-10

Bizarrotrip


©2024 Bizarro Studios
BIZARRO.COM
Ever since I shaved, bartenders refuse to serve me.
Wayno & Piraro 12-31-24
Dist by King Features

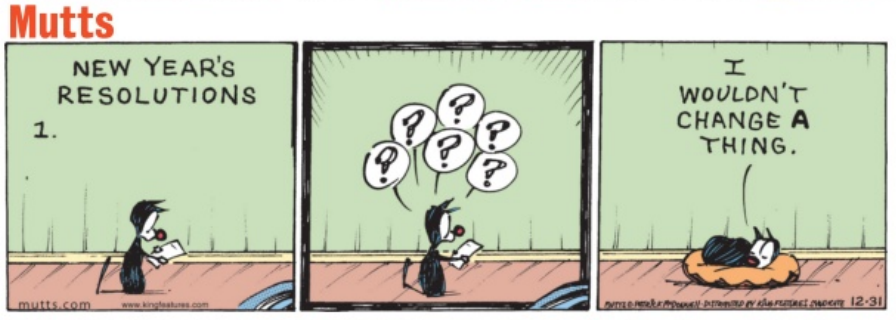
Diamond Lil

Hart of the city

THESE CARDS ARE COLLECTIBLE, YOU SAY?
I WOULDN'T HOLD YOUR BREATH.
YOU GOTTA HAVE PARTICULAR CARDS TO MAKE ANY MONEY OFF OF THESE.
THEN WHY COLLECT?
I LIKE HAVING THINGS.
I SEE.

Crankshaft

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel happy and optimistic. Old health issues related to elders could be resolved. Stuck money may finally be recovered, boosting your financial stability. Those employed may consider a job change in pursuit of a promotion, while job seekers might receive offers through a friend's reference.

Taurus Apr 21 – May 20
You may feel inclined toward gaining knowledge and understanding the value of intellectual assets. Controlling your short temper may help you handle tasks more smoothly. Steady income flow could bring comfort to your work life. Be cautious before making new investments. Expect to spend on loved ones, romantic relationships will thrive today.

Gemini May 21 – Jun 21
You may feel a bit low and struggle to enjoy the present. Being in a hurry to complete tasks might lead to careless mistakes. Your efficiency may decrease, causing delays in your projects and affecting your professional reputation. It's best to consult elders before making any important decisions.

Cancer Jun 22 – July 23
You're likely to feel energetic and focused, which may accelerate your current tasks. With the support of your subordinates, you might initiate a new project with promising returns. Family-related short trips are expected. Job seekers might receive positive news today.

Leo Jul 24 – Aug 23
Today, your creativity will shine, whether at home or the workplace, enhancing your reputation. You may succeed in curbing unnecessary expenses, which boosts savings. Romantic relationships might progress with family approval. Students may receive good news regarding academics.

Virgo Aug 24 – Sep 23
You'll feel relieved today after a period of confusion or stress. Your inner strength may support you in making bold decisions, especially regarding your family business, which could lead to growth. Helping those in need may elevate your social image. Students will likely gain clarity in choosing career paths.

Libra Sep 24 – Oct 22
You may feel under the weather, with anxiety or restlessness affecting your mood. It's advisable to postpone major investments in business or real estate. Avoid long-distance travel and reckless driving. Meditation or relaxation practices can bring you inner peace and help you sleep better.

Scorpio Oct 23 – Nov 22
Elders' blessings may bring you joy today. Previous losses could turn into gains, and your savings might see a healthy rise. You may consider investing in your children's future. Enjoying good food at home is likely. Any issues related to your throat, teeth, ears, or nose may start resolving.

Sagittarius Nov 23 – Dec 22
Work brings joy and a potential promotion as a reward for your efforts. Helping someone in need may increase your social standing. Mental fatigue from overthinking or a heavy workload might cause you to miss out on family time. On the brighter side, your parents' health may improve.

Capricorn Dec 23 – Jan 20
Projects that were previously stalled may restart without effort. You'll feel content at work. A short business trip might be on your agenda. Visiting a religious place could bring spiritual grounding. Guidance from elders may illuminate the path toward your goals.

Aquarius Jan 21 – Feb 19
You may feel dull today, with possible health issues surfacing. Stay calm and review all documents carefully before signing. Recovering blocked funds may prove difficult. Avoid adventure trips and unnecessary risks. Students should focus on deep study to succeed. Interest in mysticism or the occult may increase.

Pisces Feb 20 – Mar 20
Home life may keep you occupied. You might buy décor or creative items to improve your living space, enhancing your social reputation. Investments in property or fixed assets are favourable. Romantic time with your spouse could strengthen emotional bonds, and singles may hear positive news about marriage.

KIDZONE

A W Shanmukha, 8 years, MKET School, Harihara

Kushala R Gowda, 8 years, ASM High School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
= (81-3(7) / (2·5)) -4
= ((81-21) / 10) - 4
= (60/10) - 4 = 6 - 4 = 2

BULL'S EYE
clerk, lice, lick, relic, rice, sick, sicker, sickle, slice, slick, SLICKER

FAST FIVE

A	C	R	I	D
P	I	E	C	E
U	N	M	A	N
T	U	R	B	O
S	T	O	A	T

QUOTE
UNCODE You don't have to specialize – do everything that you love and then, at some time, the future will come together for you in some form.

STRIKE OUT

W	A	T	T	L	E	F	A	B	L	E	D			
H	I	A	I	L	L	P	I							
I	M	P	A	C	T	Y	I	E	L	D	S			
F	T	U	N	A	A	A	H							
F	R	O	E	B	O	N	A	T	E	E				
S	P	E	R	E	Z	O	N	E	N	D				
K	B	I	S	E	C	T	S	D						
N	S	I	B	O	A	C	A							
E	D	W	I	N	A	L	E	V	I	E	D			
L	O	U	R	E	A	T	Y							
Y	A	R	N	A	G	R	A	N	D	A				
X	E	B	E	C	N	O	R	I	A	M				
E	R	E	C	T	S	T	R	A	S	H	Y			

QUICK

E	T	I	Q	U	E	T	T	E						
O	C	T	U	A	L	N	D	A						
S	S	A	N	S	S	O	U	C	I	M				
P	A	N	E	X	H	A								
I	N	C	H	E	S	Y	E	A	R	L	Y			
G	C	E	F	M	I									
I	N	T	E	L	L	I	G	E	N	T				
L	I	A	N	D	E	S	U	P						
H	A	N	D	E	D	U	S	E	S	U	P			
C	A	P	T	I	V	I	T	Y						
T	B	E	L	L	A	N	D	U	R	L				
C	U	S	A	S	N	A	R	C						

MENSA PUZZLE
B. Starting with the top left segment and moving clockwise, letters advance through the alphabet in steps of 4, then 5, then 6 etc.

RIDDLER The notable doctor said "I think not," Able Seaman Jones will have to wait as I am not able to do the operation as there is no table."

SUDOKU

1	4	5	3	9	8	6	2	7
2	8	6	7	5	1	9	4	3
9	7	3	6	4	2	1	5	8
7	3	2	5	8	9	4	1	6
5	9	1	4	3	6	8	7	2
4	6	8	1	2	7	5	3	9
6	5	7	8	1	3	2	9	4
8	2	4	9	7	5	3	6	1
3	1	9	2	6	4	7	8	5

ALPHA TRIANGLE
S, As, Sat, Stay, Stray, Smarty, Mastery.

LOOP
3 × 2 × 2 3 3 3
2 × 2 × 0 2 2 × 2
2 × 1 × 2
3 3 3
2 × 2 × 3 2 3 × 1

GO FIGURE
Easy
5 + 9 + 4 - 6 = 12
Medium
4 x 7 - 9 - 6 = 13
Hard
5 - 4 - 5 + 9 = 5

KAKURO

	6	5	1		6	9	7	2
	9	4	2	9	2	4	9	7
	5	1	3	9				

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ED strikes again
ED grills Empuraan film co-producer Gokulam Gopalan for second time in two days

Mom-to-be's Met Gala debut

Kiara Advani to represent India in the event this year

Mom-to-be Kiara Advani is all set to add another feather to her cap as she will be representing India at the prestigious Met Gala this year, marking her debut at the fashion's greatest event.

This moment is a significant milestone in Kiara's personal and professional journey. The Met Gala, known for its celebration of artistry and cultural significance, will now feature Kiara, whose influence continues to expand beyond the Indian film industry.

Her debut is not just about style—it is about rewriting narratives, embracing evolution, and showcasing the undeniable force of a woman in her prime.

Refreshing your memory, last year, Kiara represented the country at the Red Sea Film Foundation's Women in Cinema Gala Dinner at Cannes. Her mesmerizing look from Cannes, in a striking pink and black gown with intricate lace detailing, went viral, garnering widespread praise and setting new trends in fashion.

On the personal front, back in March this year, Kiara and Sidharth Malhotra left everyone pleasantly surprised as the beloved Bollywood couple revealed that they were expecting their first child together.

In a joint post, they dropped a picture of their palms holding an adorably tiny knitted sock. The caption read, "The greatest gift of our lives... Coming soon (sic)". As soon as the post was up, several B-town celebs congratulated the parents-to-be on embarking on a new journey. After being in a relationship for some time, Kiara and Sidharth finally tied the knot in a dreamy ceremony in February 2023, and ever since then these two never failed to shell couple goals.

On the professional front, Kiara last graced the screen with Ram Charan's "Game Changer". She will be seen sharing the screen space with 'KGF' star Yash in "Toxic: A Fairy Tale for Grown-Ups". —IANS

'In a way that isn't very healthy'

The American post-apocalyptic drama 'The Last of Us' has resulted in an 'unhealthy mindset' for the lead actor of the series Pedro Pascal as it is hard for him to separate the emotional pain of the characters from reel to real life, reported People.

Pedro Pascal plays the character of a strong-willed and protective father figure to Ellie, played by Bella Ramsey amidst a world-shaking apocalypse in the series.

During a press conference, the actor shared that he can relate to the protective qualities of his character Joel in real life, leading to mental toll and unhealthy mindset. "I'm pretty fiercely protective. I'm protective of the people that I love. And I think that's probably the main component that I relate to." said Pascal as quoted by People Magazine.

Pascal also acknowledged the mental toll that comes with playing a character such as Joel, saying, "It's this experience, more than any I've had. It's har for me to separate what the cha acters are going through and how it makes me feel. In a way that isn't very healthy," he con tinued as quoted by People.

"And so, I kind of feel their pain I suppose, so I suppose I w in an unhealthy mindset," 'The Last of Us' actor added ahead o the premiere of the second season of the series on HBO on April 13. He seemed eager for th hit show's second season.o its production. —ANI

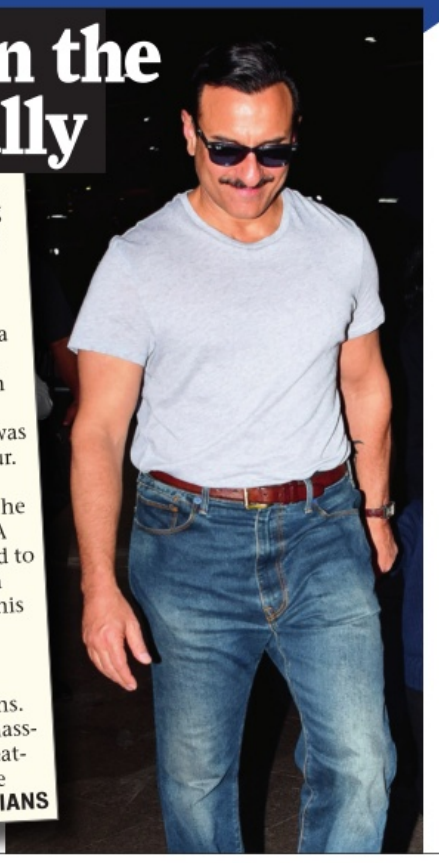
No stunt she can't pull

Mouni Roy will play the nerve-chilling ghost named 'Mohabbat', in the upcoming horror action-comedy "The Bhootnii".

Mouni revealed that she has performed all her stunts for "The Bhootnii" herself without any body double.

Speaking about the same, the diva revealed, "I have performed all my stunts myself in the film. I am thankfully trained and have become used to wearing harnesses and doing stunts, thanks to my previous work. So it was a rather easy process. I think stunts are a form of choreography and I consider myself a decent dancer and a quick learner. And, shooting for TV show (Naagin) fantasy film (Brahmastra) also helped..." —IANS

Saif is back in the saddle, literally



Bollywood actor Saif Ali Khan is back in action as he takes up horse riding once again, months after a stabbing injury.

In January of this year, the actor was injured when a robber broke into his and wife Kareena Kapoor's residence in Bandra and allegedly stabbed him. Saif sustained six injuries, two of which were deep, with one injury being close to his spine. After months of recovery, the 'Omkara' actor was spotted riding a horse in Mandawa, Jaipur.

In a video, Khan is seen enjoying his horse-riding session. After a few rounds, he dismounts and lovingly pats the horse. A source close to the development revealed to IANS that Saif is currently shooting for a film near Mandawa, Jaipur, and during his free time, he took the opportunity to indulge in horse riding.

The 54-year-old actor looked fit and handsome in a white shirt and blue jeans. He completed his look with black sunglasses. Earlier in a statement, the doctor treating Saif had said that wwo injuries were deep, while two were mid. —IANS

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Teaser unveiled

The teaser of Bande Saheb, based on the life story of Police Sub-Inspector Mallikarjun Bande, who succumbed to bullet injuries during a gunfight with an alleged contract killer Munna Darbadar on January 8, 2014, was launched by actor Sharan at MMB Legacy on Saturday.

Santhosh plays the lead in the movie while Chinmay Ram has directed it. Kamala Gopanna Doddamani and Mala V Koralli have bankrolled the movie under the Mallige Cine Combines banner.

Sharan said that he appreciated the director and the producers for making a movie on the police sub-inspector known for his courage. "Making a movie on martyrs is not an easy task. The director has to take care to follow the incidents that took place in the life of the police sub-inspector," Sharan said.

Director Tharun Sudhir congratulated the director for selecting the story of the late Bande.

A tribute to farmers

Director PC Shekar is geared up to direct the movie Mahaan. Its title was unveiled by Karunada Chakravarthy Dr Shivarajkumar recently. Prakash, in association with Alliance University, is bankrolling the movie under the Akash Pictures banner. Vijay Raghavendra is playing the lead in the movie. "I have seen a small glimpse of the movie and it is very good. The title of the movie is expected to connect to all types of audiences. I wish the movie great success," Dr Shivarajkumar said.

Thanking Dr Shivarajkumar for revealing the title of the movie, Prakash has said Mahaan will be a tribute to farmers. "The movie is about farmers' struggle and their contribution to society. It is our respect and tribute to farmers. Director Shekar is known for handling the megaphone for successful Kannada movies. We selected Vijay Raghavendra to play the lead as he has the talent to play such a role. His acting skills and his bonding with Kannadigas will add value to the film," Prakash said. Shekar said he selected Mahaan as the title because it is about the farmers. "Mahaan means a village leader and the best person in society. Farmers are great."